

COMMUNITY NEWS

FROM STUDFIELD, WANTIRNA, WANTIRNA SOUTH,
SCORESBY, KNOXFIELD & BAYSWATER

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EDITION 88

FEBRUARY/MARCH 2024

- STATE BASKETBALL CENTRE OPENS
- KNOX REGIONAL NETBALL CENTRE EXPANDED
- INTRODUCING KNOX CORNHOLE LEAGUE



WANTIRNA HEIGHTS BROWNIE GUIDES READY FOR ACTION IN 2024
(SEE THE ARTICLE ON PAGE 10)

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Edition 89 - April/May - Friday 15th March
Edition 90 - June/July - Friday 17th May
Edition 91 - August/September - Friday 19th July
Edition 92 - October/November - Friday 13th Sept
Edition 93 - December/January - Friday 15th November

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Editorial

Hello Community News readers,

Within our paper there are many acts of kindness on
display. Here is some information about the benefits
of kindness found at <https://www.healthdirect.gov.au/acts-of-kindness-and-compassion#benefits>

*Research is showing that people who are kind and
compassionate are more content with their lives. They
have better physical and mental health and feel less
isolated, fostering stronger relationships.*

*Small acts of kindness, such as a smile, or 'hello' can
have enormous power. The person being kind and the
recipient can both benefit.*

The benefits can be:

- greater sense of contentment or wellbeing
 - good mental health
 - less stress
 - better relationships and connection to common
humanity
- The happiness people get from giving to
others can make a 'positive feedback loop'. The
more you give, the more positive you feel. This, in
turn, fuels greater contentment or wellbeing.*

*One kind act leads to others. People who see
someone being kind and caring are also more likely to
be kind themselves. People who are on the receiving
end of someone's kindness can also become kinder
and more compassionate.*

Janet Claringbold - Editor, on behalf of the team.



Knox Regional Netball Centre Expanded

from The Office of Jackson Taylor MP, Member for Bayswater

Knox netballers now have two additional indoor netball courts to take their game next level at the Knox Regional Netball Centre made possible by the Allan Labor Government.

Member for Bayswater, Jackson Taylor today joined Federal Member for Aston Mary Doyle and City of Knox Mayor Cr Jude Dwight to officially open the newly expanded centre made possible by a \$5 million investment from the Victorian Government's Community Sports Infrastructure Stimulus Program.

The centre is home to the popular Mountain District Netball Association, Eastern Football and Netball League and local council run competitions. That's almost 3,200 players each week that depend on the facilities.

The two new indoor netball courts are Netball Victoria standard and are complemented by upgrades to the centre's toilets, change rooms, storerooms, first aid facilities, entry, landscaping and car parking.

Local netball now has more space to host extra teams and competitions and expand on local development and pathway programs throughout the year.

"The new courts will cement the centre's reputation as the home of local netball and support the growing number of people in Knox keen to get involved in local sport and recreation." Commented Mr. Taylor.

The Victorian Budget 2023/24 is providing more than \$213 million to deliver and improve community sports infrastructure and support initiatives that boost participation and inclusion in local sport. The funding is part of \$1.9 billion invested in community sport and recreation infrastructure since 2014.

Investments like these are all about creating jobs, stimulating local economies and improving the health, wellbeing, and social outcomes for Victorian communities.

Mr Taylor acknowledged Knox City Council for its commitment and more than \$6 million financial contribution to the project and the Federal Government for contributing \$4 million into the project.

For more information about infrastructure grant opportunities available through the Victorian Government visit sport.vic.gov.au



DID YOU KNOW WE HAVE A LOCAL RADIO STATION?

Tune to 98.1 FM when you're out and about for all your local information.

Come and meet the radio team at Knox Fest on March 2. We'll be interviewing community groups live on air.

You can listen back to our community interviews anytime. Just check out www.radioeasternfm.com.au/soundcloud

Involved in a not-for-profit organisation?

Why not have your next special event, club meeting, fete, concert or exhibition promoted free of charge on your local FM radio station?

Simply contact Radio Eastern FM 98.1 a few weeks in advance, and have your community announcement regularly read out on air. It's as easy as that.

Call 9722 9981 or email csa@radioeasternfm.com.au



The Bayswater Senior Citizens Club Invites New Members

790 Mountain Highway Bayswater
If you are over 50 and interested in joining a friendly club which provides Bingo, Cards (canasta) and carpet bowls as well as movie mornings in the clubrooms then you will find a warm welcome awaiting you.

**For further details
contact our President
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Dinsdale Ward News

with Cr. Sorina Grasso

Firstly, it was great to join Mayor Jude Dwight in November for the Knox Grant Celebration event where it was fantastic to see local community groups and organisations receiving Knox Community Development Fund and Leisure Minor Capital Works Grants. Congratulations to all the worthy recipients! These included Bayswater Junior Football Club, Knox Community Gardens Society Inc, The Basin Music Festival With One Voice, Bayswater Choir, Mountain District Learning Centre, Studfield Wantirna Community News and Coonara Community House.



I was later thrilled to attend the official opening of the fantastic new cricket training nets at Guy Turner Reserve. When Linda Bailey from Bayswater Park Cricket Club first showed me the old nets two years ago it was clear an upgrade was desirable and I was happy to advocate for that, and to now see it all come to fruition is great. Of course, the project was a partnership with Knox City Council putting in \$214,400 and the Victorian State Gov contributing

\$100,000 to this upgrade which will serve the club's junior program, dedicated girls' program, senior men's and women's teams all integral to the spirit of our inclusive local cricket community. Thanks to Jackson Taylor MP and Brendon Truemp, President Bayswater Park Cricket Club for their contribution and for joining me.

Although the weather was not on our side the hardy Knox Community was out in force on the 9th of December joining me and Mayor Jude Dwight for the annual Knox City Council Carols by Candle Light and pre show entertainment. I also had the honour of being one of the judges on the Knox Factor Grand Final and presenting the prizes. Choosing winners was no easy task because the entries were so good, but the rest of the evening was fantastic fun with the great sounds provided by the Royal Australian Navy Band and all the other talented performers. Big thanks to Knox Arts and Events for organising such an amazing event.



In late December 2023 it was also great to catch up with Mary Doyle MP, Federal Member for Aston to discuss ways Knox City Council and the Federal Government can work in partnership to achieve better outcomes for Knox/Aston.

Finally, what an amazing event on the 16th of January at the opening of the newly redeveloped State Basketball Centre with Premier Jacinta Allan, Minister for Sport Steve Dimopoulos MP, local State members Jackson Taylor MP and Daniela De Martino MP and colleagues Mayor Jude Dwight and Marcia Timmers-Leitch - Knox City Council Collier Ward. With 18 courts and state of the art facilities it is the biggest community infrastructure project in Knox and could not have happened without partnering with the

State government for funding. It houses professional and grassroots sport for players of all abilities as well as the Koorie academy and gymnastics. It is expected to see utilisation by 2 million people per year and is fantastically impressive!






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Jackson Taylor Update

BAYSWATER NEWS

Happy new year – and I hope the start of 2024 has been a good one for you and yours. I do hope you had the chance to spend some time with friends and family. But we're back at it after a summer break for what I know will be another big year for our whole community.

While we've had a bit of a soggy-summer I wanted to, first and foremost, importantly give mention to all our local emergency service volunteers who've kept working right through the summer break especially during the recent floods we've seen. Thanks always for what you do.

State Basketball Centre – Officially Open!

Just the other day I was absolutely stoked to stand alongside Premier Jacinta Allan, Minister for Tourism, Sport and Major Events, Steve Dimopoulos, colleagues and the local community to declare the new State Basketball Centre in Wantirna South officially open!

When Victoria has more basketballers than every other state combined you need a place where elite athletes and community players can come together.

The State Basketball Centre redevelopment has increased the number of courts to play on. Added training facilities for everyone to use - from NBL and WNBL teams, to local clubs and casual use. As well as the addition of a new state-of-the-art gymnastics facility.

This new centre will get more people playing, boost fan bases and support local jobs. And dare I say it... it's a slam dunk.

Backing in local education

I promised I wouldn't waste a second in supporting our local schools – even over the summer! So here's a couple of updates on some local school projects.

At the last election, I promised to upgrade Bayswater South Primary School – and we're getting on with doing just that with an architect now being appointed to work with the school to get the job done. When you're upgrading a heap of the school (blocks A, B and C) you want to get it done right!

And while we're talking about designs – the brand-new artist's renders have been released for the massive upgrade to Wantirna College which will include new performing arts spaces and competition grade gyms. They seriously look like they should be in the NGV!

And finally, late last year I was excited to announce that Wantirna South Primary School has received nearly \$500,000 for a full refurbishment of the student bathroom facilities! It's been a pleasure to work alongside principal Kerri to get this one over the line.



Jackson Taylor MP, Premier Jacinta Allen, Minister Steve Dimopoluos MP and others at the State Basketball Centre

In other news...

- The new state-of-the-art cricket nets and lanes at Guy Turner Reserve are open
- Delivered \$5,000 to the Chinese Association of Victoria to help them put on their annual Chinese New Year festival
- The new Knox Regional Netball Centre – co-funded by the State Labor Government – has been officially opened
- Made it easier to put a granny-flat in your backyard
- The brand new Knox Library is well on track for completion early this year
- It's been one year since the first bub was born as a result of our nation-first public IVF scheme

Local shout out

Alongside my shout out at the start of this article I thought it'd be remiss if I didn't give a very special shout-out to members of the Knox SES Unit who've been deployed up in Queensland over Christmas to help with the floods and storm damage. They were away from their families and friends – but they got the job done. Well done legends!

Bayswater Makers' Market will return on Saturday 23rd March 10 am to 2pm

At the Bayswater Senior Citizens Hall
790 Mountain Highway.

A mainly indoor arts and crafts market where you can buy direct from local makers. We have a wide range of locally made wares including cakes, homewares, gifts, jewellery, bags, babywear, cards, toys, stained glass, wood crafts and plants.

Please email any enquiries about stall bookings to bw1market@bigpond.com with photos please.
Other enquiries: Julia 9890 2546



Jackson Taylor MP

Member for Bayswater

Delivers for Knox

Suite 2, Mountain High Centre, 7-13 High Street, Bayswater Vic 3153 ☎ 9738 0577
 f @ Jackson Taylor MP 📧 jackson.taylor@parliament.vic.gov.au

Knox Community Development Fund 2024/25

Applications open 1 April; close 6 May

Grants of up to \$20,000 are available for not-for-profit community organisations to deliver projects and events that benefit the Knox community.



Programs, Projects or Equipment
\$3,000 to \$20,000

Community Events
Up to \$15,000

Community Functions
Up to \$5,000

For category descriptions and eligibility criteria, please review the funding guidelines

To find out more contact the Community Partnerships Team:
📞 9298 8000 ✉ cdf@knox.vic.gov.au
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Knox Community Development Fund 2024/25

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Wednesday 13 March, 7 - 8.30pm
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Community Training Program

Project Planning and Design
How to scope your ideas
Wednesday 6 March, 7 - 9pm
Bookings: <https://tix.yt/MbR>

Grant writing
Writing an application that stands out
Thursday 21 March, 7 - 9pm
Bookings: <https://tix.yt/NbR>



To find out more contact the Community Partnerships Team:
📞 9298 8000 ✉ cdf@knox.vic.gov.au
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New Knox Library Nearing Completion

Construction of the new Knox Library is nearing completion with the project finish date anticipated to be in March 2024.

The new library, part of a major redevelopment of Westfield Knox, will be more than twice the size of the old library, occupying 2,000 square metres.

- Key design features include:
- Garden room
- Computer area
- Meeting rooms
- Study booths
- Lounges
- Designated areas for youth and children

The \$5.4 million redevelopment will see a state-of-the-art library inside the shopping centre making it more accessible for more visitors to use the new facilities.

As well as an impressive collection of books, DVDs and other items to borrow, and countless spaces available for use, the library will incorporate a refreshed and dedicated space for young people to be known as the Youth Hive and managed by Council's Youth Services.

Included in the library's design is a beautiful artwork by Kamara Morgan, a proud Yorta-Yorta, Gunai-Kurnai, Dja Dja Wurrung, Boonwurrung, Taungurung, and Baraparapa Aboriginal artist.

Kamara's painting, entitled Connection to Country, will be on display in the library with additional public art elements inspired by the painting and incorporated into the architectural design.

The artwork reflects Knox Library's link to Country and celebrates the library as a meeting place where the diverse voices of the community can converge, and a place where the stories of the land and its people continue to find their place in the ever-evolving narrative of our shared connection.

The artist along with Naarm-based design company Little Rocket have adapted elements of the artwork to be used in a stunning ceiling feature and window treatments that will greet visitors as they enter the library.

Council has invested more than \$4.9 million in the library redevelopment with a \$450,000 contribution from the Victorian Government's Living Libraries Infrastructure Program.



Artist's Impression of the New Knox Library

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A Message from the Mayor

with Cr. Jude Dwight

Welcome to what is already shaping up to be a big 2024!

It's a real privilege to provide this message as your new Mayor. I am constantly mindful of the huge responsibility as a resident myself and ratepayer, mum, small business owner, volunteer and member of the Knox community. I recognise that being Mayor of the City is an act of service, and one I undertake to the best of my abilities as custodian of our land and Council assets for the benefit of all.

Outer East Foodshare

One of the big issues currently gaining nationwide attention is the surge in need for food and other emergency relief. Sadly, Knox was identified by Foodbank Victoria as one of only two 'red zones' experiencing the biggest food shortages in their eastern catchment – an area stretching for more than 500 kilometres from Hawthorn to Mallacoota.

Council has responded by establishing Food Relief Taskforce and warehouse facility for a new food relief distribution centre in Wantirna. Outer East Foodshare will use the building to store and distribute food to 35 local services in Knox who support residents in need.



Mayor - Cr. Jude Dwight with volunteer and Chanel 7 cameraman at Outer East Foodshare



7NEWS recently came out to see volunteers in action and I had the privilege to be able to help highlight their incredible efforts. This is part of Council's ongoing work with food relief agencies in the outer eastern suburbs to overcome challenges in providing services for our most vulnerable at this time.

If you live in Knox and are in need of food and other emergency relief, visit knox.vic.gov.au/relief-providers

Knox Sport and Leisure Awards

Celebrating volunteers and grassroots sport here in Knox has for a long time been a commitment of Council. Nominations are now open for the annual Knox Sport and Leisure Awards in the categories of Club of the Year; Best Club Initiated Program; Club Person of the Year (Adult and Junior); Women in Sport Leadership, and; Years of Service.

Nominations close midday on 4 March and winners will be announced on 19 June.

Find out more at knox.vic.gov.au/sportawards

Have Your Say

As we commence the New Year I want to reiterate how much we value hearing from our community. This year Council will be seeking your feedback on our new Council Plan – a Plan undertaken in consultation with our community every four years – a new strategy for our waste and resource management, how we manage our open spaces and more. To stay up to date and provide feedback in your language, please visit knox.vic.gov.au/HaveYourSay

Knox Fest

Last but not least, one of the biggest events on our calendar is just around the corner with the return of Knox Fest on Saturday 2 March from 10am–10pm at Wally Tew Reserve, Ferntree Gully.

Highlights include two stages of music and performances, rides and inflatables, makers markets, a foodie hub, roller skating rink, vintage car show, free kids' workshops, activities and face-painting, roving performers, night-time projection art and a fireworks finale.

Find out more knox.vic.gov.au/knoxfest

KNOX UPDATE

WE NEED YOU TO JOIN OUR TEAM

Studfield Wantirna Community News Inc.

Studfield Wantirna Community News is a "Not for Profit" community paper run by 5 Volunteers, is published Bi-monthly with 15,000 papers circulated in the Wantirna, Wantirna South, Scoresby, Knoxfield and Bayswater areas of Knox.

We need a volunteer to maintain our existing client base, and to follow up leads on clients wanting to advertise in the paper.

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Community News

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What's Happening At Community Pharmacy?

with Jason,
Pharmacy Manager



With summer coming to an end, we're leaving behind a holiday season that was, interestingly, a bit wetter than usual. Despite the downpours, festivities persevered, and as we navigate through February and March we reflect on what has been happening at Community Pharmacy Wantirna and look forward to some fun times ahead.

Golden Ticket Offer

We appreciate everyone who took part in our Golden Ticket promotion throughout December. Congratulations to our four lucky winners of the movie ticket vouchers and the winners of the ample other prizes that we handed out. We are busy planning our next prize giveaway for our members.

Vaccination

We've had a lot of bookings over the holiday period for the latest Covid-19 booster that has become available, and we still have availabilities.

If you're considering getting your next booster shot, scan this QR code to book your booster with us. Make sure to select the vaccination service and ideal booking time from the drop down menu once you've opened the link from this QR code.



Returning Team Members

We are delighted to extend a warm welcome back to our esteemed team members, Shannon and Danielle, who are returning from their well-deserved maternity leave. Shannon and Danielle bring not only their professional expertise and dedication but also a joy to our workplace. As they rejoin our team we look forward to witnessing the valuable contributions and unique perspectives they will undoubtedly bring. Let's join together in extending our best wishes to Shannon and Danielle as they embrace this exciting chapter of balancing work and family. Welcome back!

Supporting Local

We want to express our heartfelt gratitude for your overwhelming support during our "We Care for" initiative throughout November and December. In partnership with the Lions Club Wantirna we successfully raised funds through various channels including generous cash donations at our store, sales of delightful Christmas cakes and proceeds from a sausage sizzle during our VIP night. Your contributions have gone a long way in supporting Lions Club Wantirna's initiatives making a positive difference in our community.

Moreover, we are proud to announce our partnership with Knox Infolink, a crucial local organisation that set up a collection box in our store to gather essential products for those facing financial hardships during the holiday season. Thanks to your donations we were able to collect a vast number of products that contributed to the creation of hampers filled with festive food and quality gifts for individuals and families in need.

It is truly a privilege for us to be part of such a heart warming cause and we are immensely grateful for the opportunity to make a positive impact in the lives of those in our community during the festive season.

Thank you for being a part of our community and for helping us make the "We Care for" initiative a success.



Organic Products

We're thrilled to announce the arrival of our brand-new organic product range designed to bring you the best in natural wholesome goodness. At Community Pharmacy Wantirna we believe in providing you with high-quality environmentally friendly products and our latest selection is no exception.

We've got Teas, Pasta, and more goodies that we've carefully selected each item to meet our high standards of quality and sustainability.

Stop by our store to explore the full range of our new organic products.

Chinese New Year

We are delighted to announce that Community Pharmacy Wantirna will be celebrating Chinese New Year in store over the first few weeks of February 2024.

We extend a warm invitation to all our customers to join us in this festive celebration. Marking the beginning of the Lunar New Year our store will be adorned with festive decorations and maybe a few little surprises.

Wishing you prosperity, good health, and happiness in the Year of the Dragon.

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Website: www.communitypharmacy.com.au

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Collier Ward Update

with Cr. Marcia Timmers-Leitch

Happy New Year fellow Knox Residents,

I hope that you have enjoyed the festive period spending time with family and friends and that you have been keeping safe and well. I am hoping that you are feeling as optimistic as I am about 2024 and together we have a wonderful year ahead.

Council begins meetings back on the second and fourth Mondays of each month and this year will be a busy one of decision making prior to local government elections in

Templeton Cricket Nets Back In Action

Templeton Cricket Club are delighted to see the cricket nets back in action, supporting the training needs of the club which was awarded Club of the Year at 2023 Knox Sport and Leisure Awards.

"The facilities at Templeton Reserve have long been identified as a priority for renewal following an audit of all cricket net facilities in Knox" said Cr Marcia Timmers-Leitch.

The project includes the demolition of the previous nets and construction of a new training facility with three lanes for club use and one lane available to all users outside of training times.

The new facilities have been built to meet Council's and Cricket Australia's best-practice and safety guidelines, with the fully enclosed nets pushed back 15m from the original location, removing the run-ups

from the oval and reducing the the risk of cricket balls hitting community members.

The synthetic grass pile heights will replicate oval pitch conditions and the soft net lane curtains and roof reduce risk of deflection of cricket balls onto the cricketers. Best of all, the lane curtains can retract to allow multi-use of the space for both winter and summer tenants. The nets will also feature a storage shed for equipment, with access to power to use balls machines when required.

"Having contemporary, safe and well-placed facilities is essential to support the participation, growth and further skill development of our members" said Sean Meehan, President of Templeton Cricket Club.

"We are thrilled that this project is now a reality and will be well used by our 20 teams, including 14 junior and 3 female teams."

The total project cost of \$430,000 has been fully funded by Knox City Council.

WANTIRNA NEWS

September / October. Meetings start at 7pm and can be attended in person at the Knox Civic Centre or livestreamed via Knox City Council website. For more information on the dates, minutes of previous meetings or how to access the livestream then visit <https://www.knox.vic.gov.au/our-council/councillors-and-meetings/council-meetings>

As always, if you need help or information then don't hesitate to get in touch via email marcia.timmers-leitch@knox.vic.gov.au or phone 0428 162 218.



Cr Marcia with Sean Meehan (President) and members of the Templeton Cricket Club)

State Basketball Centre Expansion Now Open For Action

More than two million people a year are expected to visit the State Basketball Centre in Wantirna South following a significant expansion of the facility.

Jointly funded by Knox City Council and the Victorian Government, the project has delivered 12 new indoor courts for local basketball competitions, bringing the total to 18 courts, and a new regional level gymnastics facility.

Knox Mayor, Cr Jude Dwight said this is an important milestone in realising Council's vision for this sporting precinct.

"Both basketball and gymnastics are experiencing substantial growth here in Knox," she said. "This ensures the long term future for both Knox Basketball and Knox Gymnastics."

In 2017, Council instigated a review of Knox Regional Sports Park to build more basketball courts, a centre for gymnastics and sporting administration facilities.

Council secured \$105 million funding from the Victorian Government and contributed a further \$27 million bringing the total investment to \$132 million. Its Council's biggest investment ever in community facilities.

"Local people of all ages, genders and abilities will now have more opportunity to participate in these popular sports," Cr Dwight said.

"Our young athletes will train and play alongside their elite sporting heroes and will benefit from the wonderful role modelling that comes with that.

"What has been achieved here is something the Knox community can be very proud of and which the whole of Victoria will benefit from."



Cr Marcia with State MPs including Premier Jacinta Allen, Minister for Sport Steve Dimopoulos, Mayor Dwight, Cr Grasso and members of the Koorie Basketball Academy

Your
local
voice

Marcia Timmers-Leitch

Collier Ward Councillor - Knox City Council

✉ marcia.timmers-leitch@knox.vic.gov.au

☎ 0428 162 218 📱 MarciaTimmersLeitch 📷 cr_marciatimmersleitch



Wantirna Heights Brownie Guides Ready For Action in 2024

By Cassandra Bulman - Leader, 1st Wantirna Heights Brownie Guides

Wantirna Heights Brownie Guides hope you had a lovely and safe holiday season with your loved ones!

We had a big year in 2023, filled with camps, badges, craft and lots of other fun activities. We created our own challenges for a 'Cultures' badge in Term 4. We chose Italy, Japan, Germany and Brazil. We started by learning some new words in the four different languages. We also got to try some new foods, like mochi, and have a go at some new activities, like a game called Topfschlagen.

We participated in a local Remembrance Day march to honour those who have come before us. We marched down Dorset Road and laid a wreath along

with our Assistant State Commissioner. In Term 4 we also ran a Bunnings sausage sizzle at our local Bayswater Bunnings. We had a fantastic turnout and great weather!

A special highlight of our year has definitely been our camps and welcoming lots of new members to our unit. We've loved spending lots of time together and having lots of fun, like making 'mummies' on our Halloween night. We've also been obsessed with skipping this year – so much so that our leaders got us skipping ropes for Christmas!

We're looking forward to an action-packed 2024, including a couple of camps, Bunnings BBQ



fundraisers, lots of badgework and of course lots more fun.

We'd love to have some new friends join us on Monday nights. If you're interested, you can find out more about Guides in your area. You can email guides@guidesvic.org.au or visit www.guidesvic.org.au/be-a-guide.



Wantirna Day View Club Members Celebrate Christmas 2023

Festive cheer was in abundance recently when members of the Wantirna Day View Club came together to celebrate Christmas at the last lunch meeting of 2023.

Committee members decorated the tables beautifully and many of our ladies wore something 'Christmassy', adding to the festive atmosphere. We enjoyed a visit from 'Mrs Claus', (our wonderful President Kate,) who checked 'the list twice, for naughty or nice', but all 'naughtiness' was forgiven and everyone received a chocolatey surprise. Kate also made and decorated the delicious fruit cake that we all enjoyed for morning tea.

Several hampers consisting of member-donated items were raffle prizes with all monies raised going directly towards funding the educational needs of the six Learning for Life children whom the Club currently supports. One of our very clever and accomplished sewers made and donated beautiful Christmas table runners for each table and these became table prizes. Everyone enjoyed good food, great fun, and excellent company – which is the most defining feature of our friendly and inclusive Club.

See meeting details on page 24.



WANTIRNA NEWS & POST

Paul & Kathy Cameron

Wantirna Mall Shop 16, 326 Mountain Hwy Wantirna Vic 3152 T: (03) 9720 3100 E: wantirnalpo@gmail.com	Now Open Monday to Friday 8.00am to 5.30pm Saturday 8.00am to 12.00noon
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News from Community Bank Wantirna

The Chinese Year of the Dragon is a time of great excitement and energy as the dragon is a symbol of power, strength and good fortune.

This auspicious year is a time for new beginnings, success and prosperity.

People born in the Year of the Dragon are believed to be confident, ambitious and full of vitality. It is a time to celebrate the spirit of the dragon and embrace the opportunities and blessings that come with it.

This year Community Bank Wantirna is the major sponsor of the Chinese Association of Victoria's

Lunar New Year celebrations to be held on Saturday the 24th of February at 8 Ashley St Wantirna.

The day promises to be a wonderful day of celebration with food trucks, Lion Dancers and other fun activities. Everyone is welcome to a day of family fun hosted by Chinese Association Vic and supported by Community Bank Wantirna.

Follow Community Bank Wantirna on Facebook <https://facebook.com/communitybankwantirna> and Instagram <https://instagram.com/communitybankwantirna-> to get more details of the day as planning continues.






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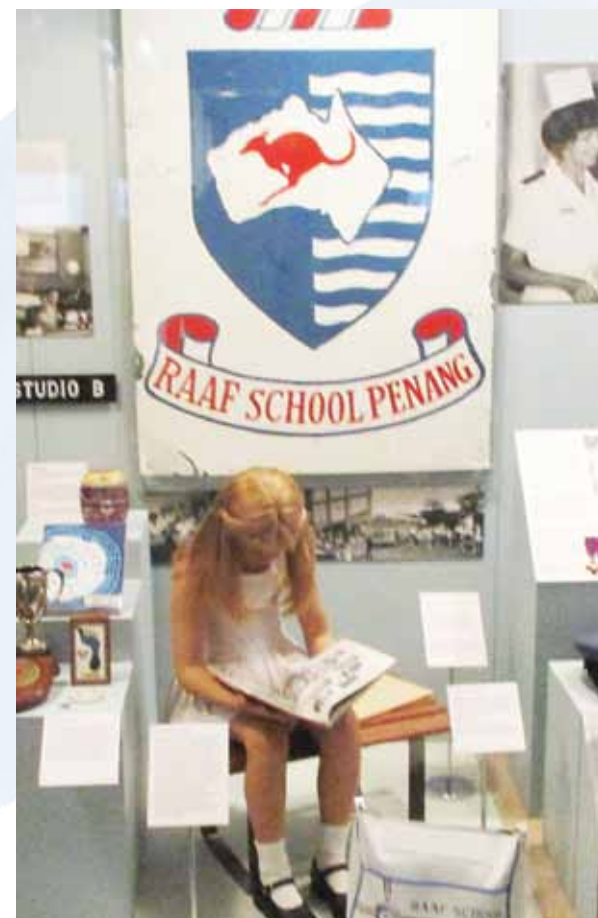
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Wantirna Heights Probus Club News

It's always exciting embarking on a Mystery Tour and one we enjoyed last year lived up to expectations. Due to heavy traffic, we had been on the road for an hour or so before we worked out that our destination was the RAAF Base at Point Cook.

After a reviving cuppa and delicious snacks we met James, the museum curator, who accompanied us as we looked around the fascinating displays and helped us with some interesting historical facts.

Point Cook was established in 1913 and was instrumental in the development of aviation in Australia. It was the birthplace of the Royal Australian Airforce and played a crucial role in training pilots and ground crews in both of the World Wars. It has a National Heritage listing and the comprehensive displays of aircraft, technology and the "human side" of serving in the air force were as thought provoking as they were illuminating.



The World Day of Prayer 2024

The theme is: the Olive Tree

'I beg you bear with one another in love'

St Paul's Anglican Church Boronia
273 Dorset Road, Boronia
is hosting "The World Day of Prayer"
on 1st March 2024 at 10.30am



The Global Christian Church is calling all our sisters and brothers, in every part of the world, to unite in prayer with us for a just and peaceful solution that would bring an end to human suffering.

"The World Day of Prayer is an international ecumenical Christian laywomen's initiative. It is run under the motto "Informed Prayer and Prayerful Action" and is celebrated annually in over 170 countries on the first Friday in March.



We call upon all people to stand in solidarity as we pray to achieve security and peace around the world by treating all justly and with love.

"Reaching out with an Olive Branch"

www.worlddayofprayeraustralia.org



WANTIRNA LIONS CLUB FUNDRAISER

HOPPERS NIGHT

SATURDAY 2nd MARCH

The Wantirna and Lysterfield Lions Club are jointly conducting a Hoppers Night Fundraiser to support their community service projects.

Great food and entertainment.

The fundraiser will be held on 2nd March at Southern Community Centre Mulgrave.

Event and Booking details are below and any enquires please contact Siva Sivagnanam on 0422 301 945



VOLUNTEERING EXPO 2024

CHANGE SOMEONE'S WORLD

The Volunteer for Knox Expo brings together non-profit organisations and community groups to showcase their opportunities and recruit volunteers.

You will learn about different causes, meet representatives and find ways to get involved.

The Expo aims to inspire and empower you to become active volunteers, create positive change in your community and build experiences for your resume!



Date: Wednesday 24th April 2024

Time: 1:00 pm - 6:00 pm

Location: Knox Civic Centre Rooms 1 – 3
511 Burwood Highway Wantirna 3152

This is a free event!



News from Heathmont College

EDUCATION NEWS

From Bali to Mamma Mia!, Heathmont College 2024 - Where learning meets adventure

In 2024 Heathmont College will embark upon many exciting initiatives to support student wellbeing, engagement, learning and enjoyment. Students will have the opportunity to travel to Bali as part of their Indonesian studies, Years 10 and 11 students will have the opportunity to partake in the life-changing "Central Australia Tour", the Year 7 students will undertake their orientation camp at Phillip Island and there will be many other exciting camps, tours and excursions on offer.

Our new Performing Arts Centre will be fully up and running with students thrilled to perform "Mamma Mia!". Our Sports Academy program continues to flourish producing high quality athletes under the guidance of professional coaches. In 2024, the College's "Nourish" program will be running every

day of the week - where a group of enthusiastic staff will provide a range of breakfasts, activities and special events available to all students.

Heathmont College is also excited to partner with "Real Schools". Essentially, the College will work hand-in-hand with "Real Schools" across three years to implement Restorative Practices as the underpinning methodology for our School Culture. We will also implement a new "Belonging" Policy, continue the great work with School Wide Positive Behaviours initiative and build upon the College's strong sense of community.

We look forward to meeting our new cohort of Year 7s and congratulate all of our graduating class of 2023.



Ayo! Bali – here we come!

Heathmont College is very pleased to inform that 20 year 10 to 12 students will be travelling to Bali in March/April next year to participate in an in-country Indonesian language and cultural experience. This tour is packed with various programs aimed to enhance students' language skills, cultural appreciation, personal development and Asia Literacy skills. The tour allows students to immerse

in the cultures and communities of our closest neighbour including visiting sites of historical and cultural importance in this Asia Pacific region and learn about the region's flora and fauna. Students are eagerly looking forward to the trip after being unable to do school international travel due to Covid-19!

"From Bali to Mamma Mia! Heathmont College 2024: Where learning meets adventure"



Introducing Frances the Hope Dog

Frances is a 'HOPE Dog', in training to provide wellbeing support and stress relief at school. She was named Frances after a lady who was known to be kind, wise and super intelligent and she spent her life helping people be the best versions of themselves.

Frances will work at Heathmont College, the Home of Positive Education and support the school community to flourish. Frances may be little, but her character strengths currently include curiosity and perseverance.

Frances will integrate into the School community and help people achieve mental health success.

The journey to wellbeing involves positive reinforcement so everyone can shine and be the best versions of themselves, in the same way Frances' namesake helped people to do.

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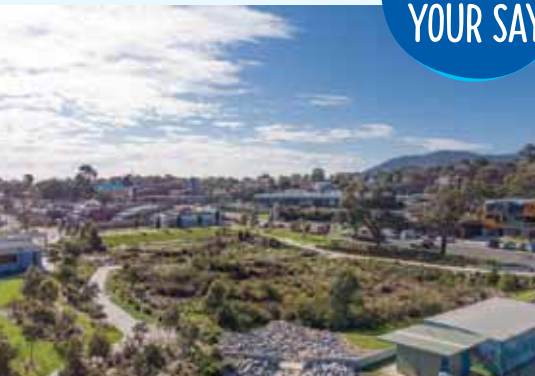
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FERNTREE GULLY

KNOX.VIC.GOV.AU/KNOXFEST



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YOUR SAY



10

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available

We'll be seeking feedback on our Council Plan, the future of waste, parks and more. To see our projects and provide feedback in your language, go to knox.vic.gov.au/HaveYourSay

knox





What's new at Your Library?

by Karla Simon

Welcome to a bright new year at Your Library! There's lots of great new titles to check out, exciting events to attend plus a feast of digital resources if you feel like staying home.

The Autumn 'What's On' events guide will be hitting the libraries in March bursting at the seams with amazing events – there's something for everyone! Pick up a copy from your local branch or visit our website to view the digital copy at yourlibrary.com.au.

New books and DVDs

Enjoy an excellent selection of the latest books and DVDs at Your Library. To place a free reservation on any of the titles below and more visit our website yourlibrary.com.au/catalogue.

Top Reads

- The drowning by Bryan Brown
- The talented Mrs. Greenway by Tea Cooper
- Unsung: a compendium of creativity by Kate Ceberano
- Women & children by Tony Birch
- Nadiya's simple spices : curries and more from Nadiya's home kitchen by Nadiya Hussain
- I'm Liz Hayes : a memoir by Liz Hayes
- From the heart by Trent Cotchin with Glenn McFarlane
- Naked city : true stories of crimes, cock-ups, crooks & cops by John Silvester
- So late in the day : stories of women and men by Claire Keegan
- Days of innocence and wonder by Lucy Treloar

New DVDs

- About My Father
- AFL Premiers 2023: Collingwood Magpies
- Allelujah
- Anne Rice's Interview With The Vampire: Season 1
- Australia in colour. Series two
- Hallmark Romance: Collection 1
- The handmaid's tale. Season five
- I'll Find You
- Law & Order: SVU- Season 24
- Living

Do you know someone who needs help with...

- reading?
- writing?
- spelling?
- English conversation?

1 to 1 literacy support is available for adults at Your Library



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volunteers@erl.vic.gov.au



Mountain District Learning Centre

LIBRARY NEWS

Events at Your Library

Attend exciting events and activities at Your Library! Book your place (where required) by calling 1300 737 277, in person at any library branch, or online via our website events.yourlibrary.com.au.

Jigsaw puzzle swaps

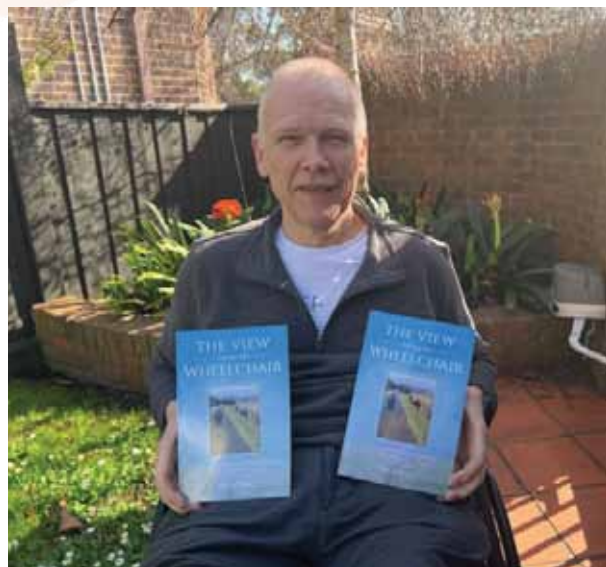
SATURDAY, 3 + 17 FEBRUARY & 2 + 16 MARCH,
10:30AM-11:30AM
Bayswater Library
Shop 26, Mountain High Shopping Centre
7-13 High St, Bayswater

Tired of completing the same puzzle over and over again? Bring it along and trade it for one that's new to you! Puzzles must be at least 500 pieces, in good condition, with no missing pieces. No children's puzzles please. No need to book! (FREE)

Cooking with succulents

TUESDAY, 5 MARCH, 1:30PM – 2:30PM
Bayswater Library, Shop 26, Mountain High Shopping Centre
7-13 High St, Bayswater

Adrian, from 'The Love of Succulents' will show us how to cook with a variety of succulents. Adrian's expert demonstration will give you the guidance and confidence to get started in the kitchen. Bookings required (FREE)



Author Ted O'Hare

Meet the Author: Ted O'Hare

SATURDAY, 16 MARCH, 11AM – 12PM
Rowville Library, Stud Park Shopping Centre, Stud Rd, Rowville

Ted O'Hare is a musician, an experienced professional, and now an author. Diagnosed in his late 40s with an uncommon neurological condition, he recounts his experience with humour and practicality in his book *The View from my Wheelchair*. Never letting a moment go to waste, he shares his story of living with hereditary spastic paraplegia and how it has shaped his life and his future. Bookings required (FREE)

B is for Bravo - Diorama Exhibition

UNTIL 15 MARCH 2024 (during opening hours)
Miller's Homestead, 30 Dorriggo Dve (Cnr Melrose Crt), Boronia

To celebrate the 20th anniversary of the book *B is for Bravo*, Miller's Homestead presents an exhibition of extraordinary dioramas by author/illustrator Kevin Burgemeestre (1957-2016). No need to book! (FREE)

Knox Photographic Society - 50th Anniversary Exhibition

19 MARCH – 17 MAY 2024 (during opening hours)
Miller's Homestead, 30 Dorriggo Dve (Cnr Melrose Crt), Boronia

Be prepared for a visual treat as Miller's Homestead showcases the work of the Knox Photographic Society in celebration of their 50th anniversary. Meet the photographers and join us as we celebrate the launch of their book, *Knox Photographic Society - Celebrating 50 years*, at a special event on Fri, 12 April, 5.30pm-7.30pm. There will be live music and refreshments served. Bookings required for this event. No need to book for the exhibition. (FREE)

How smart is your smartphone?

SAT 2 FEBRUARY + 23 MARCH, 10AM – 12PM
Boronia Library, Park Crescent, Boronia

Do you have a smart phone and want to learn more about how to use it? Come to this workshop and find out what your smart phone can do for you! We can help you with specific questions and issues. Please bring your smart phone and any questions. Presented by Mountain District Learning Centre. No need to book! (FREE)

Gully Gardeners - Begonias

MONDAY, 25 MARCH, 2PM – 3:30PM
Ferntree Gully Library, 1010 Burwood Hwy, Ferntree Gully

Join Marilyn from the Begonia Society for an informative session on begonias, including learning about the different varieties and success with growing and taking cuttings. Marilyn will be selling some potted plants at the end of the session (cash only). Bookings required (FREE)

Laughter yoga and meditation with Lynette

4TH TUESDAY OF THE MONTH, 2PM-3PM
Ferntree Gully Library, 1010 Burwood Hwy, Ferntree Gully

1ST SATURDAY OF THE MONTH, 11AM-12PM
Boronia Library, Park Crescent, Boronia
3RD SATURDAY OF THE MONTH, 11.00-12.00PM
Rowville Library, Stud Park Shopping Centre, Stud Rd, Rowville

Join Lynette from the Ferntree Gully Laughter Club for a unique and fun workshop on Laughter Meditation. Through a series of playful exercises, Lynette will help you tap into your inner child and find your sense of humour. You'll learn how to breathe deeply, release tension, and experience the physical and emotional benefits of laughter. No need to book! (FREE)

Get together for Seniors

1st & 3rd WEDNESDAY OF THE MONTH, 1:30PM – 2:30PM

Bayswater Library, Shop 26, Mountain High Shopping Centre - 7-13 High St, Bayswater
EVERY FRIDAY, 11AM – 12PM
Boronia Library, Park Crescent, Boronia

We would love for you to come and join us for a chat and cuppa – what an enjoyable way to meet new people! Tea/coffee provided – all welcome. No need to book! (FREE)

KNOXFIELD & SCORESBY NEWS



Hello from Knoxfield Ladies PROBUS Club by Leonie Taylor

Hello Everyone and welcome to 2024.

This week our committee is meeting to discuss and plan lots of fun and interesting speakers for our meetings as well as days out for our members to enjoy.

The committee met at The Knox Club and enjoyed a Kris Kringle and lunch on the 6th of December for our final get together for what had been a busy year and a good chat and great shared friendship.

Christmas was celebrated with nearly 60 members at our Christmas lunch held on 13th December. We all enjoyed a delicious 3 course meal at The Wantirna Club. We also had a Kris Kringle for all our members who wanted to participate and we were lucky enough to have one of Santa's elves to help pass out the gifts alongside our President Jan who stepped in for Santa. It was a fun filled day with lucky seat prizes and table gifts as well as copious Christmas crackers to break open.

Andrea has notified members about her Dining Club dates and venues for 2024 and lots of variety and yummy meals to be on the menu there for all attending members.



Our beloved Secretary Bev Bishop is retiring her position on the committee from our AGM in March and Bev will be very much missed after the many years that she has devoted to our Club holding that position. Bev is a big loss on going forward but I hope other members will volunteer to fill the position and allow Bev to enjoy less burden and more time with her family and friends which I am so proud to be one of. A very big thank you Bev from us all at Knoxfield Ladies Probus Club.

Lots more enjoyable times ahead for all members this year.

Ladies, if you wish to join us for fun and friendship? Call Jo, re membership on: 0414 914 091



Jan as Santa, with help from the Christmas Elf



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How is it possible that a man who died like a criminal on an ancient Roman cross is the Saviour this world needs? Did he really come back from the dead? Is the cross and resurrection of Jesus simply wishful thinking, or is it a life-transforming reality?

The first Easter is at the centre of human history – you're invited to come and find out more about Jesus and what he did for you at our Easter services.

One Hope Easter Services

**10am Good Friday, 29 March
10am Easter Sunday, 31 March**

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Street, Scoresby



**'COMMUNITY @ CAVELL'
IS NOW OPEN!**



Community at Cavell

One Hope Community Church has recently reopened our Community@ Cavell hub at Cavell Street in Scoresby where we offer a range of free services.

For more details about our community programs and Sunday service, visit our website: ohcc.com.au/community and Facebook page: facebook.com/CommunityatCavell



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SusanLaukensforKnox

KNOXFIELD & SCORESBY NEWS

VICSES KNOX IS SEEKING NEW VOLUNTEERS

Are you ready to make a real impact in your community?

The Knox State Emergency Service Unit is on the lookout for dedicated volunteers to join our team of heroes. As a valued member you'll be at the forefront of emergency response helping your community in times of need.

What We Offer:

- Comprehensive training in emergency response and rescue techniques.
- A chance to work alongside passionate and skilled professionals.
- Opportunities for personal and professional development.
- The satisfaction of making a positive difference in your community.

VICSES volunteers receive accredited recognised training as part of their role ranging from first aid, general rescue, chainsaw operations, community education, media training and much more. You can read more about training on our website at <https://www.ses.vic.gov.au/>

Who We're Looking For:

- Team players with a commitment to community service.
- Individuals who thrive under pressure and can adapt to dynamic situations.
- Willingness to learn and contribute to a collaborative environment.

VICSES volunteers assist their local communities throughout Victoria in rural, regional and metropolitan locations; on the front lines, in emergency planning and strategy centres, and providing education to



help community members understand what to do when an emergency strikes.

We have teachers working alongside electricians, retirees and university students. The diversity of our members is the key to our success.

From floods, storms, search and rescue, road crash rescue and much more – there's a position for everyone at VICSES, and anyone can make a valuable contribution.

Information Night:

We will be holding an information night on Tuesday the 6th of February 2024 at 7:30pm at the Knox SES Unit located at 607 Burwood Highway, Knoxfield. If you wish to attend the information night, please visit our website or email us at knox@ses.vic.gov.au

How to Apply:

Visit our website <https://www.ses.vic.gov.au/join-us> to learn more about the VICSES and submit your application.

Join us in making Knox safer and stronger together!



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Saturday 7.30am to 3.30pm
Sunday 7.30 am to 10.30am

Cr Nicole SEYMOUR

Tirhatuan Ward Councillor
Knox Council

✉ P.O. Box 2168, Rowville 3178

0427 245 834

nicole.seymour@knox.vic.gov.au

Facebook Cr Nicole Seymour



ENVIRONMENTAL NEWS



What's been happening at the Ringwood Field Naturalists Club ?? by Alison Rogers

2023 to 2024

Excursion - November

Cathedral Range excursion – leader Jack A.

Members met in Marysville before driving to the end of The Cathedral Range. We found many people visiting this amazing area and even camping in sites that are provided there. Under the massive rocky Range we went for a walk along the Friends Nature Trail which wound through the bush under huge gumtrees. The birds were scarce until we were nearing the end of the walk closer to the creek. Here we were lucky to see quite a selection, including Satin Bowerbirds. After a picnic lunch, serenaded by a Kingfisher and some Rosellas, we drove further to Ned's Gully camp ground. Some members went on another walk seeing a Rufous Fantail which is not seen very often. A great day was had by all.

Meeting - December

Speakers: Alan and Hazel Veevers - "Six days bird watching in the Red Centre".

The speakers did this trip on an organised tour in June 2023. They gave us an entertaining talk which gave us an insight of what this kind of touring entailed. They were up extremely early each morning travelling to known bird viewing areas before they had even had breakfast. The presentation was accompanied by images showing birds and reptiles. One of the highlights was to see a Black-breasted Buzzard flying overhead. Other interesting birds were Purple-backed Fairy-wrens, Dusky Grass wrens, Pink Cockatoos, a Chiming Wedgebill, various Honeyeaters, Mulga Parrots, and Crimson Chats.

Excursion

December- No excursion this month.

Meeting - January

Outdoor meeting at Jumping Creek Reserve. Leaders Alison and Peter R

Members met for a picnic tea under the shelter before our January meeting. A good time to catch up after the Christmas break. A very short meeting was held and then we headed off on one of the tracks to see what we could see. Birds were calling and we stood and watched a very noisy Golden Whistler who stayed right above our heads. A nice group of pink Hyacinth orchids - *Dipodium punctatum* were found at the top of a rise. The Yarra River was running hard and fast and was at a very high level after the heavy rains we had during the previous week.



*Nature Trail near Cooks Mill
Photo Peter Rogers*

Excursion

Leaders: Hazel and Alan V to Donnelly's Weir

Our first excursion for the year was to Donnelly's Weir. After the good recent rain the bush was looking green and lush. Members walked the Bi Centennial Track hearing



Donnelly's Weir Photo Hazel Veevers

Lyrebirds and a Kingfishers. Following the walk we moved to Maroondah Dam for a picnic lunch. This was followed by a short walk through the huge 100 year old gum trees looking at birds including Yellow faced Honeyeaters and Satin Bower birds.

Future Program

February: Shirley S/Barbara L and Hazel & Alan V "Christmas and Cocos Islands"

Sharing the presentation of a trip taken together to this area.

March: RFNC Autumn weekend away to Traralgon. Leaders: Jenny & David Williams.

March: Shannon Hurley "Getting to know the Great Southern Reef in Victoria"

April Speaker: Daniel Flaim "Biodiversity and conservation in Maroondah"

As you can see we have a very varied program and members enjoy learning a little about nature and this wonderful country we live in.

Meetings are held on the second Wednesday of each month at 7.30pm in Room 4 at Maroondah Federation Estate, Greenwood Ave, Ringwood (Melway 49 H10).

All visitors are welcome. For more details phone Alison or Peter on 9801-6946.

Check out our Website <http://www.rfnc.org.au> for details of our next meetings.

Knox Environment Society by Anne Morton

The Knox Environment Society (KES) Nursery is opening again on Thursday 1st February when normal operating hours resume. The Nursery may have been officially closed during January but the gates are open as the normal background activities continue.

In line with the objectives of the KES all our plants are indigenous and locally sourced (under permit from DELWP) to maintain the biodiversity of the Knox area. Local native plants adapt well in local gardens plus they attract pollinators of all species of insects and birds.

With the recent rain we have had the plants have continued to grow and are ready to plant out. While autumn is usually a better time to plant the soil is still damp after the heavy recent rain. Planting should be easy now and with the usual care for any upcoming hot, dry times to come, the new plants should do well in any garden.

There are many good choices of plants that flower at this time of year and attract the pollinators to your garden. Sweet Bursaria (*Bursaria spinosa*) is one that is at its best in summer. This is a tall shrub that attracts all sorts of insects to its honey-rich white flowers. Small birds also like Bursaria which provides protection from predators with its spiny branches.

Prickly Currant Bush (*Coprosma quadrifida*) is another great shrub with edible red berries in summer. Birds will eat the berries and humans can enjoy them too. Native grasses flower in late spring and summer and will attract butterflies, beetles and bees.

So come into our nursery and see what we have available. The KES Nursery is located near the Ferntree Gully Library on Burwood Highway. The Nursery is officially open from 1st February on Thursdays, Saturdays and Sundays, a great place to find local native plants for your garden.



*A beetle visiting Sweet Bursaria.
Photo by Anne Morton*

News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.

Museum's Magazine reaches its 100th Issue by Ken Simpson-Bull OAM

THE Jazz Museum has proudly just released the 100th issue of its quarterly magazine Ajazz. The first issue, known initially as Vjaz (with one z) was in January 1998 and took the form of a Roneoed newsletter. Over the years it slowly morphed into the colourful magazine it is today. While still available in glossy paper form, sadly perhaps, because of current cost restrictions, most copies of the magazine are now sent to members as an email attachment.

Production of the magazine, like all other activities at the Jazz Museum, is performed by volunteers. And this brings us to an important point. We are currently looking for volunteer staff to help run the museum. Without them there would be no museum. So what do the volunteers do?

The Australian Jazz Museum

The Australian Jazz Museum), 15 Mountain Highway, Wantirna is open free to the public on Tuesdays 10.00am to 3.00pm.

For Group visits, which include refreshments and a live band performance, email tours@ajm.org.au

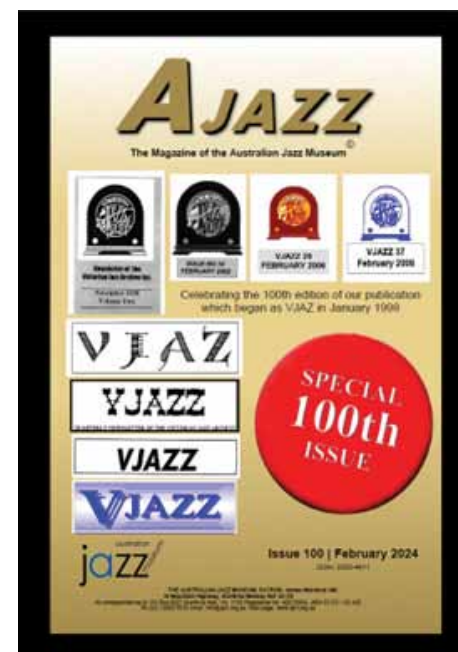
Visit the interesting web site at www.ajm.org.au

There is cataloguing, data-base entry, word processing, and other office administration duties. Donated photographs, brochures, posters, and other graphic items need to be scanned into digital format. There is a need for guides to offer a tour of the premises and explain the various collected items and exhibits. There is a retail shop where CDs, DVDs, books, and other items are available for sale. The shop is also the friendly point of entry for walk-in visitors to the museum

Our volunteers appreciate the delightful bush setting in Koomba Park, Wantirna, and enjoy the social aspects of working amongst friendly staff, sorting through donated items such as CDs, DVDs, reel-to-reel tapes, cassettes, LPs, 78s, rare books and magazines, and many other items of historic significance. There is also the added attraction of observing live jazz bands performing for visitor groups.

The maximum of a volunteer's time required would be only one or two short days per week, although there is work that may be performed at home instead. Having office computer skills would be an advantage, as would the ability to digitise music and

australian
jazz museum



The Magazine of the Australian Jazz Museum

graphic items on a computer. So please volunteer, we need you!

To Volunteer email: jobs@ajm.org.au (or ring 9800 5535 during opening hours)

THE FERN TREE GULLY ARTS SOCIETY

At THE HUT GALLERY

157 UNDERWOOD RD FERN TREE GULLY

FEBRUARY EXHIBITIONS

GALLERY EXHIBITION - 'SCAPES'

Open Fri 1-4, Weekends 11-4, from 4th Feb - Sun 25th

A colourful exhibition depicting our members interpretation of 'Scapes', Weather, Sea, Air, Floral, Landscape, Street etc.

FOYER EXHIBITION - 'NERIDA BARTER'

Featuring Nerida's colourful collection of Artworks. All workshops and classes resume in February for members and non-members. For further info go to www.thehutgallery.com.au

MARCH EXHIBITIONS

GALLERY EXHIBITION - 'MONOCHROME'

Open Fri 1-4, Weekends 11-4, from 3rd Mar- Sun 29th

A very interesting collection of our members Monochrome paintings.

FOYER EXHIBITION - 'STEPHEN WELSH'

An opportunity to come along and view Stephen's Artworks

PAINTINGS FOR SALE

FREE ENTRY ALL WELCOME

IPAN
INSTITUTE FOR PHYSICAL
ACTIVITY AND NUTRITION



Want to help make a
difference to research in
health?

IPAN Consumer Network

The Institute for Physical Activity and Nutrition (IPAN) at Deakin University recognises that consumers are an essential part of our research.

We are looking for people of all ages and backgrounds to share their lived experience to help us design and develop research.

We invite you to express your interest to join if you:

- have or are at risk of an illness or health condition.
- care or have cared for someone with an illness or health condition.
- work in an area where IPAN research outcomes are delivered e.g., as a clinician, teacher, allied health professional, nurse.
- have a general interest in contributing to research in the areas of physical activity and nutrition.

What's involved?

Being a member of Network is not the same as taking part in research as a participant. Instead, you might be involved in activities such as:

- Assisting us to identify new ideas to research.
- Providing input into the design of studies, to make it easier for people to participate in.
- Reviewing research tools and materials.
- Participating in a project advisory group.

What are the benefits of joining?

- Gain new experiences and skills while making an important contribution to research.
- Have your contribution recognised in IPAN's Annual Report
- Become part of the IPAN community and receive notifications about new research, items of interest, invitations to events, and seminars.

To find out more about the Network including our research, visit our website via the QR code or email: ipanconsumers@deakin.edu.au



Institute for Physical Activity and Nutrition
Faculty of Health, School of Exercise and Nutrition Sciences
Deakin University, 221 Burwood Highway, Burwood, VIC 3125
+ 61 3 9244 6613 ipan@deakin.edu.au

ipan.deakin.edu.au

Deakin University CRICOS Provider Code: 001138

Laughter Club News

How Does Mindfulness Compliment Laughter Club Activities?

What two wonderful topics, Mindfulness and Laughter Yoga! Today I will share about mindfulness which is a huge topic. Essentially, when you attend a laughter club session, you are way more present and, in the moment, practicing mindfulness without even knowing it! When we laugh we have eye contact and simultaneously have heart connections with each other. It is very uplifting and energising. There are huge health and social benefits that come naturally when we laugh together.

You will very likely agree that our lives are richer when we are present, fully connected with life and our activities. Our minds may be racing and our emotions in upheaval as we live stressful busy lives.

When our awareness of the present moment is lessened, problems arise through our unconscious and automatic programming. We may lose self-confidence and doubt ourselves, others and the purpose of life and do not embrace living our life to its utmost fullness.

It is about being in the present, learning to live with less anxiety, being aware of our surroundings. This roots you more strongly into the present moment which gives a grounded connection into Mother Earth. The alternative to mindfulness is forgetfulness, when our mind is caught up in worry, fear, anger, and regrets. It is definitely not helpful to be reliving the past or imagining the future. This creates anxiety, depression, fear of survival and ill health. There are several aspects of mindfulness which you can practice anywhere at any time making it a promising habit.

Mindful Meditation

There are many ways that you can practice mindfulness. There is mindful meditation which involves focusing on your breath so as to become calm and slow your whole body down to be nice and still. This relaxes the mind and emotions releasing stress and worry about things that may never happen. It allows you to be proactive in your life, to be solution focused, taking steps to resolve things which is empowering.



To do a mindful meditation here are two slightly different methods. One way is to say to yourself 'I am breathing in, I am breathing out' and let go of thoughts as they arise, keep bringing your mind back to the awareness of the breath. A second way is to breathe in to a count of what is comfortable, say between 4 to 8, pause for a count of 2, then breathe out for the same length of the in breath, followed by a slight pause. You may find the count becoming longer as you become more relaxed. If you prefer you may breathe out through the mouth which gives you a different nice experience.

Walking Meditation

Another way of practicing mindfulness is walking meditation, to walk being totally aware of your body. To do so, find a quiet space where you can be focused and undisturbed. Choose a comfortable distance or time that you will do it, say between 4 metres and 10 metres, or for 5 or 10 minutes. Walk slowly, focusing on the experience of walking, being aware of every step, the way your foot connects to the ground, all of the sensations in your body, your breath, expanding your awareness further out, feeling your body to be connected to earth, life and nature. After you practice it for the allotted time, continue walking, still holding the awareness of walking with awareness of your bodily sensations.

Just Breathe

I am gradually reprogramming myself to live each day mindfully, becoming more aware and in the present moment. I will share the simplest tip which I do, which is to say to myself 'just breathe'. This is simply to be still, like in between moments, or waiting for an appointment or other thing, and focus on your breath. If you are anything like me, an alternative is to fill up

your day with activities, with no time or space between them. Once it seemed to be a waste of time not to be busy doing something. Now I enjoy space in between activities which allows me to be in the moment, aware of my body and what is around me. Such as nature, the breeze, especially sunsets, clouds and trees. Mindfulness is such a simple exercise which allows us to appreciate life and all that it brings to us.

How Laughter Yoga becomes a Mindful Exercise

My husband John jointly leads the laughter club sessions and he often says to new people, "You get out of it what you put into it". This is one way what we do becomes a mindful exercise, people come together and although at times may be distracted, the accepted intention is to throw themselves wholeheartedly into every session. That means being right there in the moment, going along with all the silly antics that we do, thrown in with a lot of deep breathing and singing. The breathing is inhaling through the nose and exhaling through the mouth. Laughing is a wholehearted way of embracing life, bringing oneself to life and the living!

Daily Mindfulness Tips

If you would like me to send you a document - Daily Mindfulness Tips, then get in touch with me by email or phone and I will send it out to you. There are many things we can do to continually bring ourselves into being fully present, aware and feeling connected with life. Ideally aim to live this way and never, ever, ever give up!

Cheerio for now from John and myself and we look forward to meeting with you soon. If you wish to receive an email to receive my newsletter or a reminder when we are laughing, then let me know.

Lots of Love and Laughter. Lynette Mitchell.

We meet as follows each month:

Ferntree Gully Laughter Club 11am 2nd & 4th Sunday

Boronia Library 11am 1st Saturday

Rowville Library 11am 3rd Saturday

Ferntree Gully Library 2pm 4th Tuesday

First timers, please contact Lynette to confirm, in case of a meeting change. Phone: 0425 799 258

Email: lynette@laughterforliving.com.au

Website: www.laughterforliving.com.au

Hands on Myotherapy

We are Celebrating our 8th Birthday in March!

by Alison, Founder and Owner of "Hands On Myotherapy"



Hands On Myotherapy has proudly been treating the Knox and wider community's aches, pains and injuries. We started out with two therapists and

have now grown into a busy clinic with five talented therapists and two valued administrators.

My passion and love of Myotherapy has provided me with the privilege of amazing opportunities to treat a vast range of clients. Our team of incredible therapists consider themselves lucky to be able to share their knowledge and expertise with our clients.

What makes us stand out from the rest? Our genuine care for and interest in providing the best treatment plan for our clients. We pride ourselves on going that extra step to ensure our clients are heard and supported. The most common feedback we receive is how good we are at knowing our "stuff" and how kind and caring our team is. We treat our clients with the utmost respect and professionalism and want only the best outcome for them.

We love what we do and if you are thinking of giving Myotherapy a go, but would like to know more please give us a call. Our therapists are always happy to help. Or if you're ready to book, jump online with our easy booking system or call our team to book an appointment today.

Thanks again for all the support of our small local business!



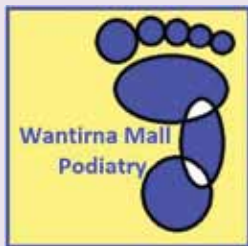
- Back and Neck Pain
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**Unit 10/603 Boronia Road
Wantirna VIC 3152**

**Monday - Friday 9am to 7.30pm
Saturday 8am to 1.00pm**

**www.handsonmyotherapy.com.au
enquire@handsonmyotherapy.com**



Wantirna Mall Podiatry

Melina Linardatos
(B. Pod, MBA and MHA)
4/322 Mountain Hwy, Wantirna
Ph: 9720 1235
www.wantirnallpodiatry.com



Children's School Footwear

The foot is a complex structure of 26 bones and 35 joints held together with many ligaments and muscles. Children begin to walk between 8 to 18 months and are usually flat-footed with inwards turning in feet. As bones and muscles strengthen and develop the posture of the foot and lower limb advances until the shape of the adult foot is reached at the age of 6 years old.

The easiest thing you can do to keep your children's feet healthy at school is having appropriate footwear fitted. When choosing shoes look at the elements of the shoe. The shoe should only bend at the sole where the foot bends, at the forefoot, they should not be too flexible. The shoe should have a firm heel counter and wide enough for the forefoot. The length is also important, a thumbs' width of space at the end of the longest toe when standing allows for enough room for toes. Shoes should also have laces or a strap to hold the foot in place and stop clawing of the toes. It's important to match the shoes for the activity

they are to be used for, the period of time, the required support and the ground surfaces.

Common walking issues should be assessed by a Podiatrist if they cause pain in the feet, tripping or limping. Excessive in-toeing can be caused by several different issues such as hip joint problems. If the in-toeing is severe, seems to involve the leg and hip as well as the foot, or isn't improving by 1.5 to 2 years of age see a Podiatrist for an assessment. Occasionally, some children walk with outward turned feet. In most cases this can self-resolve, but see your podiatrist if you are concerned.

Please visit us on our website for more handy tips.



Cupping

By Katey Rogers,
Remedial and Sports Massage Therapist

"What is cupping and what does it actually do?" is a question I tend to hear a lot from clients.

To the everyday person, what they know about cupping is usually limited to the viral photos of athletes such as Michael Phelps and Conor McGregor plastered with sizable purple circles spread over their backs and shoulders. More recently and closer to home, we are seeing AFL stars such as Melbourne's Christian Petracca or Collingwood's Darcy Moore relying on this treatment technique as a part of their regular recovery practices.

So surely if the professionals swear by it, there has to be something to it... right?

Different variations of cupping therapy have been used for centuries by a variety of cultures, some of which involved open flames or the cutting of the skin. In more recent times a more modernised and clinical approach using plastic cups and a suction gun has become popular with remedial and sports massage therapists, myotherapists, and even osteopaths and physiotherapists.

The suction applied to the cups creates a vacuum and draws the tissue up into the cup, causing the tissue to swell and blood to be drawn to that area.



This increase in blood flow can help to facilitate the healing and repair of damaged or dysfunctional muscle tissue as well as improving both the circulation of blood and lymphatic drainage.

It does, however, leave lasting marks which vary in severity and duration depending on your skin type and how much stagnation was present in the tissue.

Benefits of cupping include:

- Improving muscular and fascial tension
- Reducing muscular pain
- Increasing blood flow
- Enhancing disposal of toxins and metabolic waste present in our blood.



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Chris Brownlie

Dental Prosthetist

Telephone: 9720 1555

487 Boronia Road, Wantirna
Cnr Stud Rd, opposite Knox Club

Mr. Mina Williams
B.Pod. M.A.Pod.A.

Podiatrist



PhysioSpot

1621 Ferntree Gully Road Knoxfield 3180
Telephone: 9764 9359 Facsimile: 9763 3114

Corns and Callus

Ingrown Toenails

Flat Feet

Children

Heel, Arch and Forefoot Pain

Sporting or Occupational Injuries

Diabetic and Arthritic Foot Care

Veterans Affairs

It is safe for most of the clinical population, with the exception of the following:

- patients with bleeding disorders
- patients taking blood thinners
- patients with deep vein thrombosis or other clotting issues
- severe and acute injuries
- regions of the body with open wounds or irritated skin.

At Wantirna Osteopathy cupping therapy is practiced by our remedial massage therapists Rachelle and Katey. Feel free to contact us today for more information or to book an appointment.

Book online at www.wantirnaosteo.com.au or call us on 03 9800 0388

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osteopathy



New Rehab Gym

- Sports injury
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- Strength exercises
- Balance programs
- Force testing
- ACL rehab
- Plus more

Call or book online
9800 0388

www.wantirnaosteo.com.au



Life Activities Club Knox

Welcome to 2024. New Year, new interests, new friends, new activities!

Now, which activity attracts you? Social Board Games, Cards, Badminton, Armchair travel, music appreciation, joining us monthly for lunch or/and Dinner, Cinema in Boronia, various walking groups, Bus tours, Getaways, Coffee mornings? There are 24 activities in all.

This month February, the garden outing will visit Schwerkolt Cottage in Mitcham, a lovely old building and hopefully we can go inside too. The Sunday walkers plan to explore the Dandenong North Wetlands on the 18th and the Dine-out will meet at Paddy's Tavern in Ferntree Gully.

For March 7th "Picnic in the Park" again meeting around 5pm in Tim Neville Arboretum at the Rotunda at the Francis Crescent end.

The Ladies are meeting for Coffee at Bronto's Café in Boronia at 11:00am. Please ring Irene as she needs to book tables. A happy, friendly group. The Friday Walkers will find some interesting sights in Mount Waverley and check out Docklands. They walk on the second and fourth Fridays each month. The Men's coffee destination is the King Bean Café and the Garden Outing will take you to Herring Island which is situated in or on the Yarra River, Sculptures to amaze, also b-b-q available.

AND on March 15th carrying our packed bags we'll board the bus and train for 8 days in South Australia. We'll be spending a day on the Proud Mary being served lunch while sailing on our Mighty Murray River. Wow!! We're going to learn a lot about the eastern area of S.A. Every day we'll be on tour.

More details about our activities are listed in our quarterly newsletter and we'll happily send one to you. Our new Membership Secretary, Lorraine, is awaiting your call and feel free to ask questions.

You are welcome to join us for our Quarterly meeting on February 26th. We'll be at the Wattle Hall on Underwood Road Ferntree Gully, from 2:00 and after a short update on activities, afternoon tea will be served, hope to see you there.

Lorraine's number - 0438 068 334

COMMUNITY NEWS



Gully Market News

From Ian Rice - Market President, Tracy Pate – Treasurer and Dianne Cree – PA Social Media.

Further to the donations as reported in a previous issue, The Gully Market has since made donations to the Foothills Community Care organisation and the Ferntree Gully branch of the Salvation Army. Both received \$1500 each. Foothills Community Care used the money to fund cooked Christmas Eve lunches/dinners for 250 people who otherwise would have been alone at Christmas without a traditional meal.

I urge readers to check out the website of this amazing organisation: www.foothillscare.org.au.

The Salvation Army were using the money to keep their food bank replenished. The foodbank enables 24 hour access to basic food and essentials that people who can't come in during normal hours.

Market resumed normal operations on January 6, 2024. Although many stallholders are absent until February Easter trading will be as per normal hours.

At this stage, the market team is not in a position to announce the next donations but aims to make another donation in February.

Looking forward to a good 2024 and hoping the best for the wider community.



Knox Over 50s

At Knox & District Over50s we are a very friendly and sociable group who normally meet on the 4th Tuesday of each month from January to November.

Our next meeting will be our Annual General Meeting which will be held at 10.30 am on Tuesday the 27th of February, at Club Kilsyth, 1-15 Canterbury Road, Bayswater North, followed by lunch in the bistro for those who wish to stay on.

We provide guest speakers, day and overnight trips, visits to Boronia Cinema, coffee mornings, regular lunches at different locations around Knox and morning melodies. If you are looking to enhance your social life, come along and join us.

At our November meeting we were entertained by the "Pleasant Pluckers", a very talented group of people who between them played all manner of "plucked" string instruments. They even invited some of our group to join in with various small percussion instruments. Brilliant!!

During December, our Christmas Luncheon was held at the Churchill-Waverley Golf & Bowls Club. It was a wonderful day for all concerned, with music, dancing and plenty of raffles. And, of course, Santa and Mrs Claus came along with their very special elf and presented a small gift to each and every attendee.

2023 year was a great year for all at Knox & District Over50s and there is so much more to come in 2024.



We have a monthly newsletter (Knox Natters Matter) which will keep you up to date with the many fun social activities available.

If you are interested in joining our group, please contact Jill (on 9801 4363) for further information.

We look forward to hearing from you or, more importantly, seeing you in the near future.

News from EACH Financial Counselling

by Bridget Morcom

Credit Reporting and Credit Scores

Have you missed paying your bills or loan repayments?

Have you tried to get borrowed money and been knocked back?

Are you worried about your credit score? Or concerned about scammers?

Do you want to know if a poor credit score can be 'fixed'?

You can access your credit report and credit score for FREE every three months!!

Credit reports are how lenders can check if you are likely to be a risk and not pay back money they lend you. They will check your credit report and credit score to decide to lend you money, or not.

A credit score is calculated based on a number of things including how often you have applied for credit, how much, and your repayment history. You will find out the band you are in (low, fair, good, very good, excellent).

You CAN improve your credit score - by paying your bills and repaying loans on time. A poor credit repayment history does not stay on your report forever.

For more information look up:

<https://moneysmart.gov.au/managing-debt/credit-scores-and-credit-reports>

And: <https://ndh.org.au/debt-problems/bad-credit-rating/fix-your-credit-report/>

How to access your credit report and credit score:

Have your ID ready and apply either online or by phone. You do not need to pay a subscription to get your free credit check:

- Experian - 1300 783 68 <https://www.experian.com.au/consumer/order-credit-report>
- Illion - 132333 <https://www.creditcheck.illion.com.au/>
- Equifax - 138332 <https://registration.my.equifax.com.au/eligibility-reason>

What if something on your credit report seems incorrect?

Contact the creditor who reported it directly and ask them for information. If it is wrong, you can request they fix the issue. You can also speak to the credit reporting company.

Can a low credit score be 'fixed'?

Only genuine errors can be fixed. Correct reporting can't be changed. We recommend you don't pay anyone to 'fix' your credit report.

For more information, check out:

<https://ndh.org.au/debt-problems/bad-credit-rating/fix-your-credit-report/>

Beware of scams! Never give your credit card or bank details to any credit reporting company.

Also, check you are on a legitimate website when you apply for your report.

Are you in financial hardship, or struggling to pay your debts?

Entering into an affordable hardship arrangement with your creditors and sticking to it will help, instead of just not paying at all, or paying late.

How to access free, confidential and independent help:

If you are concerned about what is on your credit report or are in financial hardship speak with a FREE Financial Counsellor.

Contact:

EACH Financial Counselling on 9871 1817
Or the National Debt Helpline on 1800 007 007



Join the community at White Road, Wantirna

Come along for our Monday Ladies Group, or Tuesday Men's Group. Enjoy singing, gentle exercise, games, quizzes, making friends, and more!

Apply via My Aged Care or call our friendly customer service team on 1300 698 624.



13 White Rd, Wantirna South
1300 698 624 | vmch.com.au



VMCH



COMMUNITY NEWS

Ferntree Gully View Club

Our monthly luncheon meetings are held on the 4th Monday of each month (except December) and includes a 2-course lunch, tea/coffee at a cost of \$25.

We have a meeting, then a speaker or entertainment. We support The Smith Family and raise money through our luncheons and in-house functions. We support 6 disadvantaged students through the 'Learning for Life' Program with the Smith Family. We also support a refuge for women and children escaping domestic violence.

Monday 26th February, 2024. Our AGM - No Speaker
Monday 25th March, 2024. 'Gadget Girl'

If you want to join a club that is both welcoming and fun, come join us. Visitors are very welcome.

Time - 11.00am for a 12.00 noon start

Where - The Knox Club, corner Stud & Boronia Roads, Wantirna South

Contact: Publicity Officer - Romaine on 0421 400 549

Wantirna Day View Club

Wantirna Day VIEW Club (Voice, Interests, and Education of Women), is a group of friendly women who meet regularly to enjoy social interaction, whilst also raising valuable funds for The Smith Family Learning for Life Program.

We meet on the 1st Wednesday of the month (except in January) at The Stamford Hotel - Cnr Stud & Wellington Roads, Rowville – 10:30 am for an 11:00 am start. Members contribute a small fee of \$12 per meeting, (which includes morning tea, room hire, and raffle), and lunch is available to order at your own cost. Most meetings also host a guest speaker/entertainment for members' enjoyment.

We would love new members to join. Ladies of any age group, and from any location, would be most welcome. For more information please call our President – Kate on 0421 650 684

Boronia VIEW Club

Boronia View Club will have its first meeting of the year on Friday the 16th of February with a 2 course lunch costing \$27. This will be followed of an afternoon of "Mayhem and Madness" and a general "catch up" as the ladies won't have seen each other since December.

The March meeting will be on Friday the 15th of March with a 2 course lunch costing \$30 as it is the club's 34th birthday. Entertainment for the day will be by ARNIE.

Both meetings will be at 11.30am at Eastwood Golf Club Liverpool Rd., Kilsyth

There will be a trading table, book stall and raffle with all monies going to The Smith Family Learning for Life program. The club is looking for new members so, ladies of all ages and backgrounds come along and you will be warmly welcomed. Within the club there is opportunity for outings, film mornings and coffee mornings etc.

Enquiries to Judith on 9764-8602

What's On?

Event	Date & Time	Location	More Information
OLDER MEN : NEW IDEAS	2nd & 4th Fridays each month	Orana NH, 62 Coleman Rd ,Wantirna	Call Orana on 9801 1895, call 1300 13 50 90 or see the COTA web site
Changing Seasons Cafe	Wed to Fri 10.30am to 3.30pm Sat & Sun 9.00am to 4.00pm	31-34 Elizabeth St, Bayswater Access from the road	8720 1382 Facebook @ChangingSeasonsCafe
Wantirna Day View Club	1st Wednesday each month 10:30 am for 11:00 am start	Stamford Hotel Cnr Stud & Wellington Rds, Rowville	Kate on 0421 650 684
Ferntree Gully View Club	4th Monday of each month 11.30am	The Knox Club. Cnr Stud and Boronia Rd. Wantirna South	Romaine Meadowcroft - 0421 400 549
Boronia View Club	3rd Friday of each month at 11.30am. Dec. 17th 11.30 am.	Eastwood Golf Club Liverpool Road Kilsyth	Judith 9764 8602
Boronia Ladies Probus Club	3rd Wednesday of each month	Knox Club, cnr Boronia & Stud Rds Wantirna	Enquiries: 0435 136 472
Combined Probus Club of Wantirna Heights	First Wednesday of every month at 10am	Knox Boat Fishing Club, Schultz Reserve, Kingloch Pde Wantirna.	Michael on 0439 551 209
iShred - Community Shedding Day	From 9.00am Sat. 17th Feb & Sat. 16th March.	5/7 Samantha Crt. Knoxfield	1300 763 688
Ringwood Field Naturalists Club	2nd Wednesday each month at 7.30pm	Room 4, Maroondah Federation Estate, Greenwood Ave, Ringwood	Alison or Peter on 9801-6946 http://www.rfnc.org.au
Lions Club of Wantirna	1st & 3rd Wednesday each month at 7.00pm	Lions Club room, Bayswater Community Centre, 739 Mountain Hwy. Bayswater	Paul 0400 823 441
Scoresby 55+ Social Circle	Thursdays 10am-12.00noon	Scoresby Football Club, Scoresby Recreation Reserve.	Jeanette 0407 308 671 or John 0405 698 554
Knoxfield Ladies Probus	3rd Wed. of the month at 10.00am.	Wantirna Club, 350 Stud Road Wantirna	Jo 0414 914 091
Lions Club of Knox	1st & 3rd Tues of month at 7.00pm	Our Saviours Lutheran Church Knox 646 Burwood Hwy, Knoxfield	0425 716 079
Probus Club of Wantirna Sth	2nd Wednesday of the month at 10.00 am.	Wantirna Club, Stud Road Wantirna	Helen Dewar 0418 333 022
Scoresby TOWN Club	Wednesdays 8.30am	Bayswater Church of Christ	0418 306 104
The Hut Gallery	Open Sat/Sun 11am to 4pm	157 Underwood Rd. Ferntree Gully	thehutgallery.com.au
Rotary Club of Rowville Lysterfield	Tuesdays 6.45pm	Tosarias Restaurant, 60 Henderson Road, Rowville	Kevin Harrison - 0419 919 011
Rotary Club of Knox	Wednesdays 12.45pm	Knox Club, cnr Boronia & Stud Rds Wantirna	Harvey Gough - 0407 722 570
Rotary Club of Boronia	Tuesdays 6.30pm	Knox Club, cnr Boronia & Stud Rds Wantirna	Greg Mossop - 0437 599 949
Rotary Club of Bayswater	Wednesdays 6.00pm	Rotary Club Rooms , Marie Wallace Reserve, King Street, Bayswater	Ron Bridges - 0414 843 427
The Boronia branch of CWA	2nd Wednesday of the month Craft Meeting - 4th Wednesday	CWA Hall at 4 Sundew Ave Boronia	Evelyn on 9762 1537 or 0434 722346



Introducing Knox Cornhole League

Are you looking for a fun and unique experience? Well, the Knox Cornhole League, Victoria's first official cornhole league, is gearing up for another season of competition, and this year they'll be throwing from the Ferntree Gully Bowling Club.

Since its launch a year ago, the Knox Cornhole League has been at the forefront of cornhole's meteoric rise across Victoria. Founded by Nathan Dalzotto and Ashley Nealon, who saw a gap for professionally run cornhole events, the league quickly garnered a loyal following and the official backing of the Australian Cornhole Association.

"We're thrilled to be kicking off Season 4 at the Ferntree Gully Bowling Club," says Dalzotto. "It's a fantastic venue with a great atmosphere, and we can't wait to welcome our seasoned players and curious newcomers to experience the fun of cornhole."

The league's environment is a key part of its success. Whether you're a pro at tossing the bags or just learning the ropes, the Knox Cornhole League offers a space for everyone.

And the sport's popularity is undeniable. Just last December, the American Cornhole League held its ACL Open in Tweed Heads, Queensland, attracting top players from across the globe. Notably, two members of the Knox Cornhole League even emerged victorious in a team event, showcasing the calibre of talent fostered within the league.

So, if you're looking for a fun and social activity to try, the Knox Cornhole League is inviting you to grab your bags and head down to the Ferntree Gully Bowling Club on 15 February 2024 from 6:30pm. Whether you're aiming for the board or just aiming for a good time, the league promises a season packed with competition, community spirit, and a whole lot of airmails!

For more information and registration details, visit the Knox Cornhole League Facebook page.

Pictured at right: Nathan Dalzotto (left), Ashley Nealon (right) with League Champion Tim Hall (centre)



Dancing Santa Hits The Dance Floor at the Panda Rounds Dance Club

The Panda Rounds Round Dance Club in Boronia had its Christmas Dance in the Boronia Progress Hall on Friday 15th December. Most dancers arrived early to decorate the hall. Red was the colour of the night.

The dancing started at about 6.45pm but was stopped suddenly when "Ho Ho Ho" and a ringing bell was heard in the entrance hall. To everyone's surprise Santa had arrived! Panda dancer, Max Lennox, was dressed in the full costume and out came the phone cameras! He went over to meet Mr. & Mrs. Panda on the stage and was later seen dancing with the dance teacher, Alison.

Over 30 dancers celebrated the final dance of the year. Many had only begun round dancing since the Introduction session in February.

Round Dancing is cued social ballroom dancing and is the easiest way to learn to dance. This was obvious as many of the 'beginners' were already dancing to the higher level cues.

Panda Rounds recommences in January and another Introduction session, supported by the Knox Council's 'Over 55s Zest4Life', is planned soon after.





Wantirna Tennis Club So much more in '24

by Alison Rogers

The Official Opening of our 5 new courts.

What a wonderful time was held at our Club for the opening of our 5 new courts. Many faces from the past were present as well as our current members. Our sponsor Noel Jones Real Estate representative Adam Thompson was present along with invited dignitaries Cr Marcia Timmers-Leitch and Jackson Taylor MP who even had a hit on our courts. President Greg Dorn welcomed all that were present, inviting them to stay and have a hit.

The re-development of the 5 front courts was a MAJOR \$1 million plus undertaking that has been driven collaboratively by the Wantirna Tennis Club committee and Knox Council over many years. This project has always had the strong support of Knox Council including Jackson (when he was our Knox Ward councillor), Marcia also in that role, as well as Knox Council staff including Hans, Rhonda, Tom, Daniel and Suranga.

Cr Marcia Timmers-Leitch was invited to cut the Opening ribbon as the Council representative.



Juniors

Our 21 junior teams are on the Christmas break and we know they will be looking forward to getting back and finishing the current season in the new year.

We congratulate the Junior members from our Club who were selected to be 'Ball boys/girls' at the Australian Open this year. It is lovely being able to spot them out on the courts.

Book a Court

There has been a lot of interest in our five new classic clay courts and these along with our 5 en tout cas courts are being well used through our 'book a court' system. These are now available for booking both day and night. So come on down and have a hit.

Coaches Corner at Wantirna

Our Coaches had a great turn up for their Christmas Training Camp held down at the Club on the new courts. The camp consisted of a 2 hour morning training session, a short lunch break, an afternoon of supervised match play. Then there was a bbq on the final day.

A great time was had by all and Mums and Dads could do their last minute shopping.

The Annual Club Championships

We had been looking forward to holding our Club Championships on the same day as the Opening of the new courts. Having not been able to hold Championships while Covid disrupted tennis at our courts, it was great to see everyone so keen to get out there and play. Matches were played during the 2 weeks prior to the event, with finals



Bill T



Ashleigh K



Sam L

This was the 10th year of the Coaches starting their business together. Keep it going guys, you do a great job.

All aspects of their Coaching program has grown, with the Cardio Tennis for both women and men being extremely popular. The Junior program is also going well with many of those being coached moving on to playing Junior Competition for the Club.



Social tennis

Social Tennis is still going strong on Tuesday mornings. Even if the weather is hot or cold come on down and join the others or just have a coffee and a chat. It is lovely to see our group of social players expanding. They are a great group of friendly people.

If you don't feel you can commit to competition, or are not sure if you are good enough to play tennis, come on down and have a hit with some of the social players at the Club. You don't know till you have a go. All standards are welcome. Enclosed grounds keep young children safe and while they enjoy the playground, you can have a hit.

It is only \$5 for visitors, members free. All welcome.

and social play/round robins played on the day. Congratulations to these winners of our 2023 Club Championships.

Senior Men's Club Champion - Bill T
Senior Ladies Club Champion - Ashleigh K
Junior Boys Club Champion - Sam L
Junior Girls Club Champion - Ashleigh K

About Wantirna Tennis Club

Visit our website for details on how to join our Club. We have excellent facilities, including two BBQs, covered with a shade cloth sail. We have 10 tennis courts and a Coaching area in the terrific setting of Wantirna Reserve. We offer a range of competitive tennis and social tennis for both adults and juniors with an excellent coaching programme, plus Hot Shots and Cardio tennis. With safe access into the complex and beautiful grounds set in the peaceful Wantirna Reserve with the Knox/East link bike track going right past our front door. Give us a call or check out our website to get more details and information on membership or tennis coaching.

At Wantirna you can always see what is happening by checking out our website or face book page.

Club coaching team: Troy & Mike 0424693005 or email coaches@wantirnatenniscub.org.au or enquires@troyandmiketennis.com

Coaching Face book: www.facebook.com/troyandmiketennis.com

**Wantirna Tennis Club Inc Melway Ref: 63C8
 Wantirna Reserve, Cnr Mountain Hwy and
 Burwood Hwys Wantirna
 PO Box 5295 Studfield 3152**

Club Secretary: Alison 0408576025 or email wantirnatennis@gmail.com

Web: www.tennis.com.au/wantirnatc/

WTC Face book: www.facebook.com/.../Wantirna-Tennis-Club



Templeton Tennis Club News by Chris Jones, President

Templeton Tennis Club: A New Chapter of Leadership, Fun, and Community Engagement

In the heart of our close-knit community Templeton Tennis Club continues to thrive as a locally run gem offering not just a place to play tennis but a family-friendly haven that prioritizes the well-being of its members. As we embark on a new chapter we bid a heartfelt farewell to our esteemed outgoing President and Secretary, Don and Rosemary, and welcome new leadership with Chris Jones at the helm and Neil Houlston stepping into the role of Secretary.

A Grateful Transition:

Don and Rosemary's legacy at Templeton Tennis Club is marked by their unwavering dedication and invaluable contributions. As we express our deepest gratitude for their years of service, we eagerly welcome Chris Jones, the new President, and Neil Houlston, the new Secretary to lead the club into an exciting future. Their commitment, coupled with the existing committee's passion, forms the backbone of our vibrant community. We also acknowledge continued commitment of the committee which ensures the club's financial stability, seamless club operations and success.



Neil and Chris

A Vibrant Calendar of Events:

Templeton Tennis Club is not just about tennis; it's about fostering a sense of community and creating lasting memories. To kick off the new year, the club has exciting events planned for members and the wider community. Brace yourselves for a day filled

SPORT NEWS

with laughter, competition, and family bonding at our upcoming Family Fun Day. Later in the year get ready to flex your mental muscles at our Trivia Night – an evening of friendly competition and camaraderie.

Connect with Us:

To stay in the loop about these events and everything else happening at Templeton Tennis Club, make sure to follow us on our new Facebook and Instagram pages. These platforms will serve as your go-to sources for updates on club activities, event details, and the latest news. Engage with us, share your experiences, and be part of the Templeton Tennis Club online community.

As we embark on this new chapter the club is not just about tennis matches; it's about building connections, fostering friendships, and creating a space where everyone feels at home. Join us on this exciting journey, and together, let's make Templeton Tennis Club a vibrant hub for tennis enthusiasts and community members alike.

Templeton Tennis Club Inc.

Templeton Reserve, Templeton St
Wantirna 3152. Melway Ref. 63 G9

Membership: Leanne 0493 450 111

President: Chris 0425 763 106

Coaching: Kelly 0414 874 482

Website: www.templetontennis.com.au

Email: president@templetontennis.com.au

i | s | h | r | e | d Community Day

Once a month iShred opens the doors of its facility which allow members of the community to have their personal documents professionally and securely shredded at an economical cost, with our mobile shredding vehicle.

Our Community Day caters for shredding of:

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- Hard Drives
- E-waste (ie. Laptops, Computers, Cables, Keyboards)

Our upcoming Community Days are on Saturday, 17th February and Saturday, 16th March from 9am — 12noon

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New year, new plans?



Our team is here to help.

If you have plans to buy, sell or rent a property in 2024, our team has the market knowledge and industry experience to get the best result for you.

Contact us for a free sales or rental appraisal.